



Quick and Easy

ROLLS & SWEET YEAST BREADS

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Most of the wheat grown in New York State is known as "soft" wheat. After milling, the soft-wheat flour is marketed under the name of "pastry flour." It is sold at your neighborhood store under a variety of brand names and is frequently the least expensive type of flour you can buy. Be sure to look for the word "enriched" on the package. Though some pastry flour is not enriched, more and more millers are turning to this practice.

New York State pastry flour contains more wheat grain and is not as highly bleached as cake flour. It differs from all-purpose or family flour and from bread flour because it is made entirely from soft wheat. All-purpose flour usually contains some soft and some hard wheat, while bread flour is usually made entirely from hard wheat.

You will find that pastry flour is excellent for baking, largely because of the quality of the gluten formed when you combine the flour with liquid. The gluten (which gives the dough its "elasticity") is pliable, breaks easily when stretched, and will not become tough when you give the dough extra handling.

Pastry flour is especially good for sweet yeast doughs, which are used for rolls, buns, coffee cakes, and fancy breads. These doughs contain eggs and relatively large amounts of sugar and shortening.

The time-saving *no-knead method* is used for all recipes in this leaflet. All you have to do is to beat the dough briskly so that the ingredients are thoroughly combined and the dough is smooth and elastic. If the dough is too stiff to be beaten easily, you can fold it over and over in the bowl instead.

BAKING WITH NEW YORK STATE PASTRY FLOUR

NO-KNEAD ROLLS

Yield: 16 rolls

Size of pan: 11½ x 7½ x 1½ inches

Temperature: 400°F. (hot)

Baking time: 15 to 20 minutes

½ cup lukewarm water
1 small cake compressed
or 1 package granular yeast
1 teaspoon salt
1 tablespoon sugar

1 egg
2 tablespoons softened
or melted shortening
2½ cups pastry flour
2 tablespoons nonfat dry milk

1. Pour the water into a bowl. Add the yeast, let stand 3 minutes, then add salt, sugar, egg, and shortening.
2. Sift the flour and dry milk together, and add gradually to the liquid mixture.
3. Stir the dough until it is moderately stiff, then fold it over and over in the bowl until it is smooth. Or use an electric mixer at low speed, mixing until the dough becomes somewhat stiff.
4. Shape the dough into rolls, and place in a greased pan. Cover tightly and let rise in a warm place (85°F.), free from drafts, until the rolls are double in bulk (about 35 minutes).
5. Bake at 400°F. (hot) until brown, about 20 minutes.

SPICY ROLLS

Yield: 12 2-inch rolls

Size of pan: Muffin pans

Temperature: 400°F. (hot)

Baking time: 15 to 20 minutes

¾ cup lukewarm water
1 small cake compressed
or 1 package granular yeast
1 teaspoon salt
¼ cup sugar
1 egg

¼ cup softened
or melted shortening
2½ cups pastry flour
3 tablespoons nonfat dry milk
½ teaspoon mace
½ teaspoon nutmeg

1. Pour the water into a bowl. Add the yeast, let stand 3 minutes, then add salt, sugar, egg, and shortening.
2. Sift the flour, dry milk, and spices together, and add to the liquid mixture.
3. Beat the batter with a wooden spoon for 150 strokes or with an electric mixer for 1 minute at lowest speed. Scrape the sides of the bowl after ½ minute of mixing and again at the end of mixing.
4. Spoon the batter into greased muffin pans. Fill the pans about one-half full. Cover with a clean damp cloth and let rise in a warm place (85°F.), free from drafts, until the rolls are double in bulk (about 35 minutes).
5. Bake at 400°F. (hot), until brown, about 20 minutes.

Variations:

Breakfast Ring

Yield: 1 ring

Temperature: 400°F. (hot)

Size of pan: Ring mold, 8½ inches in diameter, 2 inches deep

Baking time: 30 minutes

Make one recipe of spicy roll batter. Place in well-greased ring mold. Cover and let rise in a warm place (85°F.) until double in bulk (about 45 minutes). Bake at 400°F. (hot) for 30 minutes. After baking, remove from pan, and invert. Mix together 1 cup confectioners' sugar, ¼ teaspoon grated lemon rind, 1 to 2 tablespoons milk or cream, and ½ teaspoon lemon juice. Spread icing over ring and decorate with ¼ cup chopped candied peel and nuts.

Coffee Cake

Yield: 1 rectangular or 2 round cakes

Temperature: 375°F. (medium)

Baking time: 25 minutes

Size of pan: 11½ x 7½ x 1½ inches or two 8-inch layer-cake pans

Make one recipe of spicy roll batter. Spread it about ¾ inch deep in greased pan. Cover with a mixture of ½ cup brown sugar, ¼ cup melted butter, and 2 teaspoons cinnamon. Sprinkle with ¼ cup broken nutmeats. Cover and let rise in a warm place (85°F.) until double in bulk (about 35 minutes). Bake at 375°F. (medium) for 25 minutes.

Orange Bread

Yield: 1 loaf

Temperature: 400°F. (hot)

Size of pan: 8½ x 4½ x 2½ inches

Baking time: 45 minutes

Make one recipe of spicy roll batter, *omitting spices*. In step 2, add ¼ cup finely shredded yellow orange peel. California oranges are preferred. Pour the batter into a greased pan. Cover and let rise in a warm place (85°F.) until double in bulk (about 1 hour). Bake at 400°F. (hot) for 45 minutes.

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VIRGINIA PASTRY

Yield: 3 dozen cookies

Size of pan: cooky sheets 12½ x 15 inches

Temperature: 400°F. (hot)

Baking time: 10 to 15 minutes

3 tablespoons sugar

¾ cup shortening

1½ teaspoons salt

1 tablespoon grated lemon rind

1 tablespoon lemon juice

2½ cups pastry flour

1 household-size

or 3 small cakes compressed yeast

or 3 packages granular yeast

3 tablespoons dry milk

2/3 cup lukewarm water

2 eggs

1½ cups pastry flour

1. Cream together the sugar, shortening, salt, lemon rind, and lemon juice. If you use an electric mixer, set it at medium speed.
2. Add 2½ cups of flour and mix until the mixture looks like very coarse meal. Use low speed on an electric mixer, or mix by hand with a wooden spoon.
3. In another bowl, mix the yeast, dry milk, water, and eggs, until smooth. If you use granular yeast, let it dissolve in the water for 3 minutes before you add the dry milk and eggs.
4. Add 1½ cups flour and beat for two minutes. Use medium speed on a mixer, or beat by hand with a wooden spoon.
5. Combine the two mixtures and beat *by hand* for two minutes.
6. Turn the dough onto a board that has been generously sprinkled with about ¼ cup flour. Gently roll the dough to ¼- to ½-inch thickness, and cut into 2½-inch rounds.

Topping

¼ cup milk

½ cup granulated sugar

½ cup jelly

7. Brush tops with milk and dip them in sugar. Place pastry on greased cooky sheet. Press a small hollow in the top and in it put a small amount of jelly.
8. Let rise, uncovered, ½ hour or until double in size. Bake at 400°F. (hot) for 10 to 15 minutes. Meanwhile, mix together:

Glaze

½ cup confectioners' sugar

¾ tablespoon lemon juice

Hot water to spreading thinness

9. As soon as pastry is done, brush tops with glaze.